

Kendal at Lexington

The Residents' Newsletter

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Fifteenth Anniversary Coming Up in July

Kendal at Lexington will celebrate the fifteenth anniversary of its opening on Sunday, July 19, from 7:30 to 9 pm in the Anderson courtyard and the Dining Room.

Strawberries, ice cream, and sparkling wine are on the menu, and the emphasis will be upon honoring our "trailblazers" -- those residents from far and near who courageously bought into this unknown, untried startup community, as well as the employees who graciously greeted them in those early months and the organizers (board members) who worked so hard to make it happen.

All Kendal residents are invited. Invitations have been sent to future residents, to members of the Board of Directors past and present, and to a large number of Kendal's well-wishers in the wider Rock-bridge area. (If you live off campus, have not received an invitation, and would like to come to the party, contact Becky Edmondson, Executive Assistant, at 458-3782. RSVP is required.)

There will not be a lengthy program, but remarks will be shared by Lexingtonian David Cox, one of the founders of the idea of a retirement community in this area; resident Mary Coulling, an opening-day mover-in; John Diffey, chief executive officer of The Kendal Corporation; and Mimi Elrod, mayor of Lexington. In addition, resident Ruth Woodcock will update the message she wrote for our tenth anniversary celebration in 2010; copies will be given to guests as a take-home souvenir.

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A Warm Kendal Welcome to:

**Barbara and Bob Griner
182 Sycamore Lane**

**Annette and Lew John
Cottage 1025**

**Anne and Tom Vinson
62 Sycamore Lane**

🎵 Calendar Notes 🎵

[See also pp. 12 and 13. With some exceptions, most of them specified, the activities listed here are arranged through the residents' Culture and Entertainment Committee, chaired by Dianne Herrick. "Borden" = Benjamin Borden Center (skilled nursing care); "Webster" = Webster Assisted Living Center.

Some events are arranged too late for inclusion here. Please check the bulletin boards.

The charge for bus transportation to and from an event in Lexington is \$2.]

*** July 3, Fri., 11 pm.** The Kendal Singers present an Independence Day sing-along. Kendal Hall. **Free and open to the public.**

July 4, Fri., 7:30 pm. Balloons and fireworks at the VMI Parade Ground. Lawn chairs provided. See "Out and About," p. 10 below, for more on the Balloon Rally. [bus, 7:30 pm]

July 6, Mon., 8 am. Monthly men's breakfast in the dining room. No reservations needed.

July 8, Wed., 10:30 am. Monthly meeting of Kendal's Photography Group. All are welcome. Contact resident Wil Stratton (463-3863) with questions. Staff Development Room.

*** July 8, Wed., 4:30 pm.** "The Indian Tribes of Virginia," first of two talks by Karenne Webb, a Monocan Indian, historian of American Indians, published poet, and Ph.D candidate in anthropology at UVA. She is also Director of the Indian Programs of the Virginia Foundation for the Humanities and has been the official historian of the Monocan nation for six years. See also July 23 and July 30, below. Kendal Hall. **Free and open to the public.**

July 9, Thu., 2 pm. Monthly meeting of the Dementia Caregivers' Support Group. Open to

all Kendal residents and staff, as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

July 12, Sunday, 3 pm. "Classic Impulses," a concert at Garth Newel Music Center in beautiful Bath County, about 45 miles from Kendal. Chamber music by Beethoven and Dvorak. Adult ticket \$25, but \$21 in a group of ten or more. Bus fare \$5. [bus, 1:15 pm]

July 14, Tue., 3 pm. Presentation for Independent Living residents on after-hours and other health services, arranged by Charlotte Sibold, Health Services Administrator. Find out, for example, what options you have if, after a surgical procedure, you are returning to your cottage or apartment (not going to Borden or Webster): how do you arrange for dressings to be changed, or for eye drops to be administered? Many other situations will be covered. Bring your own questions as well. Kendal Hall.

*** July 16, Thu., 4:30 pm.** Program on Lexington's Lime Kiln Theater. Participants include Rusty Ford, owner of the Lime Kiln property and our near neighbor on Enfield Road, who will speak on the physical lime kiln and his history, and Spencer McElroy, the theater's new Executive Director, who will speak on the theater, its demise, and its recent resurrection. Kendal Hall. **Free and open to the public.**

**** July 19, Sun., 7:30 pm.** Celebration of the fifteenth anniversary of the opening of Kendal at Lexington. (See story, p. 1.) **By Invitation; RSVP required to Becky Edmondson, Executive Assistant.**

*** July 23, Thu., 4:30 pm.** Second talk by Karenne Webb, "Rockbridge County's First Family: The Monocan Tribe." (See July 8, above, and July 30, below.) Kendal Hall. **Free and open to the public.**

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Calendar Notes

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July 25, Sat., 4 pm. Concert at Garth Newel Music Center: "Music and Literature." At 4 pm, as a "musical icebreaker," the Daedalus Quartet will examine the intersections of art and music through references to the writings of Leo Tolstoy and Aldous Huxley. Concert at 5 pm: music by Richard Strauss, Janacek, Beethoven. Adult ticket \$25, but \$21 in a group of ten or more. Bus fare \$5. [bus, 2:15 pm]

*** July 29, Wed., 7:15 pm.** Students currently enrolled in Garth Newel's Emerging Artists Fellowship Program will visit Kendal for an evening of chamber music. These highly competitive fellowships are awarded to outstanding string players and pianists ages 18 to 26, and cover four weeks of intensive instruction and performance. Kendal Hall. **Free and open to the public.**

*** July 30, Thu., 4:30 pm.** Talk on Native Americans by Harvey Markowitz of the W&L sociology/anthropology faculty. Prof. Markowitz has taught and published extensively on American Indian culture. (See also July 8 and July 23, above.) Kendal Hall. **Free and open to the public.**

*** VISITORS ARE WELCOME ***
to many events at Kendal. Please check the listings on these pages for "open to the public" designations. The dates are underlined and starred. If a reservation is needed, this fact will be mentioned. If no reservation is needed, just come on in. We're glad to see you!

* * * * *

\$30,000 Challenge Gift In Action at Sunnyside

Much has been done to preserve and enhance historic Sunnyside House since Kendal at Lexington received the anonymous \$30,000 challenge gift from a Rockbridge County couple. Chimney and roof repair has been completed. The roof has a fresh coat of red paint. Windows have been re-glazed, window sills have been repaired, and window frames, shutters, and risers on the side porch have been scraped, primed, and repainted. The mature trees surrounding the house have been professionally trimmed.

Some outdoor work still remains to be done. The brick chimneys, which have been repointed, and the brick walls require painting. It is time, however, to transition to interior projects which also require attention. The common areas as well as the suites would benefit from a fresh coat of paint. Sub-flooring concerns on the upper level must be evaluated before new flooring can be installed in the hallways. Furnishings and finishes in the guest suites require replacement and upgrading.

With so much yet to do, Kendal at Lexington echoes our donors' request and hopes that this very generous gift will inspire others to join in the continued preservation of Sunnyside House. Donations are tax deductible and can be made directly to Kendal at Lexington, with a notation for "Sunnyside House."

-- Mina Tepper
Executive Director

Anniversary Party (from p. 1)

A slide-show loop of early Kendal photos is being created by Bob Glidden, chair of the Board of Directors, and will be on view at the party. Keyboard music will be provided by Laura Hotinger, Resident Life Coordinator.

Before the festivities begin, volunteer decorators will be needed to transform the courtyard with Japanese lanterns. Contact Becky Edmondson, Executive Assistant, at 458-3782 if you would like to help.

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Kendal's Keynote: Generosity

As Kendal at Lexington approaches its fifteenth anniversary, it seems a good time to reflect on the support members of our Kendal community have given to all residents from the beginning through today. That doesn't even address the incredible, widespread generosity that enabled our doors to open in the first place! It can be easy to overlook the community support that has enhanced our lives at Kendal and enriched the experience of living here. There is so much we like, and much of it has slipped in -- not unnoticed, but without fanfare -- as residents looked around and responded to needs they saw; ways to add even more pleasure to Kendal living. People often give without even knowing they're doing it and in fact, in the act of pleasing others, please themselves as well. The Kendal community is special and Kendal residents make it so.

We are a community that is generous, and it's easy to list the examples of community support at Kendal at Lexington. Things such as: furnishings and artwork; vehicles; exercise equipment; library books and shelves; program

aids such as iPods in the Borden Center; physical improvements, with the additions of benches, bridges, trees, flag poles and window film; the enormous gift of residents' time.

We have demonstrated that we understand that in the act of giving we enhance our own lives and make our Kendal very special as a result. We celebrate fifteen years of that specialness and fifteen years of residents who have been generous in their support of all that makes Kendal able to fulfill its mission to "promote and support successful aging."

-- Penny Henneman

[Editor's note: For this article, Penny collaborated with fellow residents Dianne Herrick and Trix Rumford, all of whom serve on the Philanthropy Committee of Kendal's Board of Directors.]

July 2015 Resident Art Show

The July Resident Art Show will run from Monday, July 13, to Friday, November 6. The day to retrieve current work and bring in new work is Friday, July 10, between 9:30 - 11:30 am and 2 - 4 pm.

For the object label posted beside each piece, please provide your name, a title, and the type of medium. Art Show notices distributed in June included guidelines to clarify what to use for hanging, and a similar notice is posted in the Information Alcove.

We have only two display cases, so please let us know ahead of time if you would like to reserve space for any small unframed craftwork.

For anyone newly arrived at Kendal, please consider exhibiting in our Gallery. We are always grateful to those of you who lend your

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Art Show

(from p. 4)

work. Thank you all in advance for your wonderful efforts.

The Art Gallery is located on Level 1, just past The Restaurant, in the corridor leading toward the south elevator. The next art show in 2015 will be changed over on Friday, November 6, and will open Monday, November 9. Please direct any questions to either Victoria Shelar (464-1527) or Trix Rumford (463-7505).

-- Victoria Shelar

Tutwiler Library's History -- "Books, Books, Everywhere"

The Tutwiler Library began long before we opened. In the months leading up to Kendal's opening in July of 2000, the original members of the Library Committee met several times to establish protocols for the creation of a welcoming and useful library for Kendal at Lexington.

Early meetings of the Library Committee were held at the Col Alto Hampton Inn and at Tut and Gillie Tutwiler's home on Lee Avenue. The Tutwilers, Bill Watt, Jeanne Kibbee, Joy Hayes, Ginny Beeton, Buck Buchanan, Louis Harlan, Bobbie Woolfenden, Yvette Wise, Jane Bicknell, and I were members of that committee. [Except for the last two, the members of this early committee have since died, leaving our library as an honored part of their legacy.]

The original library space was in a corner room where the marketing offices have been since the remodeling connected with Phase II. There was a corner fireplace and room for about 2500 books. (The current count in our expanded location is about 7000). We decided to limit the original book donations to about 250

books per incoming resident. This both helped and hindered the downsizing process for many of us, but it did guarantee that we would not be overrun with any one category of books. On July 31, 2003, this space was officially named the Tutwiler Library.

An early decision was to arrange our books by broad category rather than trying to actually catalog them. This arrangement has continued in the new and expanded Tutwiler Library which now spreads over the whole campus. "Books, books, everywhere" is a comment we often hear.

The concept of satellite shelves throughout the buildings was in existence from the very beginning. The original concept was to have these shelves strictly for book exchanges (take a book, return any book), but in more recent years these books have also been entered into our computer list.

As you enter the Tutwiler Library today, which you do every time you enter Anderson Hall, you will understand the "Books, Everywhere" idea. Almost all our books are still donations. The only exceptions are the Memorial Books, each purchased by the Library Committee with the special interests of the dedicatee as the primary criterion for selection, and with a specially designed bookplate placed in each volume.

The Library Committee has been very active from the beginning. Each member is responsible for the care and feeding of a section of the library, making sure the books are in alphabetical order, and culling the section as necessary to allow room for new additions. This past year has seen the addition of a library guide and a clearly marked map of the various library sections.

-- Sarah Giddings

New Kendalites:**Kathy and Don Holmes,
Apartment 205, South**

Don and Kathy come to Kalex from Minnesota, where they lived in the Twin Cities area for 24 years. In the previous 25 years, they lived in southeast Pennsylvania near Wilmington, Delaware. Don was born in Springfield, Massachusetts, and Kathy in Syracuse, New York.

Kathy holds an undergraduate degree from SUNY Albany, and a Master of Arts in Teaching from the Harvard School of Education. Don did his undergraduate work at Swarthmore and also earned an M.Ed from Harvard. In fact, Kathy and Don met while they were graduate students at Harvard, when Don allowed Kathy's then-intended husband to stay in his apartment. Kathy says the best thing she ever did was to shed the other guy and marry Don in 1965.

Both Don and Kathy started their careers in education as math teachers. Kathy continued in the classroom, where she enjoyed long-term success. Don moved into school administration. He held top administrative posts in both Delaware (principal) and in Minnesota, where he was a director and then a dean for many years. Conversations with both Kathy and Don show their dedication to the education of middle and high school-age students. Kathy's former students and their parents reported that she was "an effective teacher, tough but fair." No better accolade can be awarded to a teacher. Don lists "caring for middle school-age students for nearly 42 years" and "strong support for teachers" as major accomplishments.

The Holmeses have two daughters. Linda lives in the Washington, DC area and is the popular culture blogger for National Public

Radio. Susan is married and lives in Reston with her husband, Bill Huebsch, and two teenage sons, Aaron and Braden. Susan teaches computer science and math at Langley High School,

Don indicates that he is sympathetic to Quaker values and served on the board of Minnesota Friends School for a number of years. Kathy says, "I am a Quaker."

Both Don and Kathy are avid birders and are fond of travel. They have been on a number of cruises and have traveled a good deal in the U.S. Don has been in all fifty states. Both are fond of music. Kathy loves choral singing, and Don is fond of folk music, "especially Irish and Scottish, but English and bluegrass too." Don and Kathy read to each other from their current books most evenings.

- Nanalou Sauder

New Kendalites:**Margaret and Robert Sayre,
Apartment 13, South**

"I'm amazed at how easily I've adjusted," says Margaret Sayre, a few weeks after she and Robert moved to Kendal from Beckley, West Virginia, where they had lived all their lives. "The people here are friendly, the food is good." In fact, Robert adds, the two are now so much at home that they don't like leaving. They are planning a quick trip back to Beckley for unfinished business and, Robert says, "It's a damn nuisance."

Robert was a couple of years ahead of Margaret in the Beckley public schools, and

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Margaret and Robert Sayre (from p. 6)

they didn't start dating until Robert had returned from college and law school. Both attended a speech that President John F. Kennedy gave on the court-house steps in Beckley, and the romance continued from there.

Robert served during the Korean War as a lieutenant with the U.S. Military Mission to Nationalist China, stationed in Taipei, Taiwan. (Kendalite Peyton Craighill was in the same place a few years later.) Upon graduating from the law school at West Virginia University, Robert joined with his father and brother to form a family law firm. Robert describes himself as a "court-house square lawyer," whose general civil practice extended for 57 years, through 2014.

Like many lawyers, Robert has been active in various civic and service organizations. A Rotarian for 57 years, he has served as district governor. He was also senior warden of St. Stephen's Episcopal Church in Beckley.

Always interested in politics as a member of the minority party, Robert was elected to West Virginia's House of Delegates. He also spent seven years on the West Virginia Court of Claims, retiring in 2011 as the presiding judge.

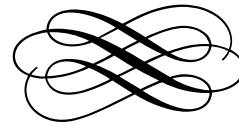
Margaret was Valedictorian of her high school class in Beckley and then worked in the medical records department of a local hospital. She then studied at Beckley College and graduated Cum Laude from Concord College of Athens, West Virginia. A dedicated volunteer, she has served on the Board of Governors of her alma mater, Concord College/University. Her volunteer interests also include the Beckley Beautification Commission, the Raleigh County Library Board, the Beckley Concert Association, the Raleigh County Garden Council, and the Midatlantic Council of the National Parks Association. In 1991 she was the recipient of the "Spirit of Beckley" Community Service Award

made by the YMCA of Southern West Virginia.

Margaret and Robert have two children. Their daughter, Frances, lives in Santa Fe and, with her partner Mark Beyer, operates a motorcycle service center. Margaret and Robert's son, William ("Bill") is a Lexington internist with the Carilion Clinic Internal Medicine group. Bill is widely known at Kendal for that reason and also because he is married to Melissa Gladwell, Director of Marketing at Kendal between 2012 and 2014. Margaret and Robert have five grandchildren and two step-grandchildren.

At Kendal, Margaret plans to continue enjoying having time to read. "I'm reading Anne Tyler's new book now." And Robert, not surprisingly, has become a member of the Lexington Rotary Club.

-- Jo McMurtry

**Newsletter Statement and Staff**

Kendal at Lexington is written by and for the residents of the Kendal retirement community of Lexington, Va.

Staff: Sally Emory, Sarah Giddings, Maury Hanson, Jo McMurtry (editor), Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Marje Sherrill, Louise Tardy, Rudie Terhune, Clara Belle Weatherman.

The deadline for the August issue is Wednesday, July 22, 5 pm.

Library News

Six new books have arrived at the library to add to our collection of the Library of America. Thanks to the continuing contributions of Hardin Marion, who gave the original collection, the collection expands. These six new books are notable because they add expansions in six different fields: religion, art, drama, fiction, journalism, and music. The six will be placed on display in July and may be checked out.

[1] Religion is enhanced by *Major Works on Religion and Politics* by the Protestant theologian Reinhold Niebuhr. His insights into the causes of economic inequality and the challenges of achieving social justice are as relevant today as when they were written in the 1960's. [2] *Art in America 1945-1970* explores Abstract Expressionism, Pop Art, and Minimalism, both with visual illustration and with writings of the period. [3] *Arthur Miller: Collected Plays 1987-2004*. This is the third volume in the Miller series. [4] *Saul Bellow: Novels 1984-2000* represents the author's career in its final phase. [5] *H.L. Mencken: The Days Trilogy*. Called America's greatest journalist, Mencken writes an autobiography of growing up in Baltimore, becoming a brilliant young newspaperman, and establishing a legendary career at the *Baltimore Herald*. "Days Revisited" was written in the 1940's, but Mencken stipulated that it not be published until 25 years after his death. [6] *Virgil Thomson Music Chronicles 1940-1954*. The writings on music by Virgil Thomson present the best of Thomson's newspaper criticism for the *New York Herald Tribune*. He built bridges between music and the other arts to give us as profound a vision of American culture as anyone has yet achieved.

-- Mary Stratton

[Editor's Note: Kendal's set of the Library of America currently numbers about 160 volumes and is

shelved at the south end of the corridor running alongside Kendal Hall. Donor Hardin Marion is a past chairman of our Board of Directors. And incidentally, Hardin and Heather plan to move to Kendal in the not-too-distant future.]

Vespers Officiants for July

An ecumenical Vespers service is arranged by the residents' Religious Activities/Vespers Committee (chaired by Shay Peters) every Sunday at 4 pm in Kendal Hall. All are welcome. The generosity of the volunteer officiants and musicians is much appreciated.

July 5: Deb Klein (Lexington Presbyterian Church); pianist, Betty Bond Nichols.

July 12: Jason Grimes (High Bridge Presbyterian Church); pianist, Karen Fredenburg.

July 19: Tom Crittenden (RE Lee Episcopal Church); pianist, Jean Eisenhower.

July 26: Steve Cathcart (Timber Ridge Presbyterian Church); pianist, Kay Horner.

Library Adds Memorial Book

The Library Committee has chosen *Sloops of the Hudson* as the memorial book for Charlie Terhune. Written in 1908 by historian William F. Verplanck and Captain Moses W. Collyer, with excerpts from the "personal reminiscences" of Captain George D. Woolsey, this 1984 reissue includes an introduction by folksinger/environmentalist Pete Seeger, describing how this book inspired his building of *Clearwater*, the 106-foot-long vessel used in conducting environmental education programs. This edition was the one especially chosen for Charlie.

I expected this slim volume to be a photographic essay of various sloops found on the Hudson River. Instead I found a nostalgic

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Memorial Book

(from p.8)

paean to the days of the river sloops which were rapidly being replaced by schooners first and then steamboats. While the authors obviously loved the river and the sloops, they also included a distressingly long list of disasters. All in all, this is a fascinating reminiscence of romantic times gone by.

-- Sarah Giddings

Spring Snapper

[This is the first of two articles on snapping turtles by Victoria Shelar, who observes Kendal's wildlife with a naturalist's eye.]

In the spring, Common Snapping Turtles are occasionally sighted on the Kendal campus. Both their name and bad press derive from their defensive behavior on land. Snappers cannot withdraw into their shells completely because of a very small plastron (under shell), nor can they run, so if they are baited or cornered, their only defense is to lunge forward with their long necks and bite, although often they only hiss. In the water, they usually swim away.

What we see here at Kendal are probably all females looking to nest and lay eggs. Determined to complete their task, they may have come several miles through woods and fields and across roads. The males generally remain in their home ponds and lakes to defend their territories, mating before the females leave. To dig their nests, females usually migrate up small streams and onto land. If their preferred sandy soils are unavailable, they will tackle clay with their long, tough claws. Many return to the same site year after year, although no one yet understands how they navigate. Their entry point here is our Sunnyside Stream.

My first encounter with a snapper was during a spring nor'easter on the Outer Banks of North Carolina. I was driving home on a forested zigzag road through an extensive salt marsh. Rounding a hairpin turn, I saw a large, brown turtle lumbering slowly across the road just in time to avoid hitting it. Afraid another driver might not see it in the heavy rain, I stopped and got out to move it, recognizing it at once as a snapping turtle. Fearing its long claws and knowing it could swing its neck around almost to the back of its shell, I reached for the fat tail to be safe. Using both hands, I tried to lift it but was stymied by its weight and succeeded in raising only its back feet off the ground.

As I wrestled with it, a burly cop on a motorcycle rounded the bend from the opposite direction. He stopped to help, and when I said I was trying to move it off the road, he told me, "Pick it up by the back of the shell, not by the tail," and he proceeded to grab it and dump it back into the marsh. I thanked him and he rode off in the rain. While driving away, I glimpsed in my rear view mirror that same big turtle crawling back out of the marsh to head once again across the road. Laughing, I thought, Oh, well, have it your way. She must have been starting her migration and was not about to be diverted from her destiny.

That female's shell was about fourteen inches long, and she probably weighed around 40 pounds and was 35 years old. The heaviest wild snapper on record weighed 75 pounds! A female matures late and can begin laying eggs at eight inches long and five years old, but she often doesn't do so until she's fifteen to twenty.

Snapping turtles evolved in North America forty million years ago from an even earlier turtle lineage that dates back over 200 million years to the age of dinosaurs. Then came modern times and human beings, who have

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Spring Snapper

(from p. 9)

presented them with dangers against which they have few defenses. Luckily, lady snappers have been finding our campus user-friendly enough for egg laying in the spring, and we have been treated to sightings of these relic survivors from an ancient age. (To be concluded in July.)

-- Victoria Shelar

[Photos of Kendal snappers in the Alcove.]

Out and About in July

[This column lists events and opportunities for which Kendal is not providing transportation but which may be of interest to residents and their guests.]

Thu., July 2, through Sun., July 5. Nineteenth annual Lexington Sunrise Rotary/Cornerstone Bank Balloon Rally at the VMI Parade Ground. Admission is free. Balloon rides in the mornings and evenings at \$220 per person; to reserve a place, telephone 540-460-7606 and ask for Jan. Rides last from 45 minutes to an hour, usually; transportation from landing spot (unknown when balloon is launched) back to VMI provided via chase car. Tethered balloon rides from 7:30 pm on July 3 and 4 at \$20 per person, a simpler undertaking with no reservation needed; ascend from Parade Ground. From noon on July 4, vendors, live music, antique cars, much else. Grand fireworks display after dark on July 4. Visit website (www.sunriserotarylex.va.org) for details. [Note: Kendal is sending a bus for the evening of July 4; see p. 2 above.]

Wed., July 15, through Sat., July 18. Rock-bridge Regional Fair and Farm Show at the Virginia Horse Center, 487 Maury River Rd. Admission \$5 this year, according to web site (www.lexingtonvirginia.com/events). Lots of animals; midway rides; cotton candy and

barbecue; judged competitions including quilts, horticulture, and art -- some of which competitions Kendalites have been known to enter, occasionally winning prizes.

The Heifetz International Music Institute

presents its summer festival of chamber music, June 29 - August 7, in Staunton. Students play free concerts at noon on Mondays during July at the historic Temple House of Israel, 15 N. Market St. Many other concerts during the festival; visit www.heifetzinstitute.org.

The Lime Kiln Theater presents two shows this month. On Friday, July 3, flat-picking guitarist/vocalist Gary Ruley and Muletrain perform "blue grass, new grass, and jazz." Ticket \$15 in advance or \$20 at door. 8 pm; doors open at 6 pm. On Saturday, July 18, the bluegrass group Seldom Scene will be seen and heard; ticket \$25 in advance or \$30 at door. Shows start at 8 pm; doors open at 6:30 pm. See the web page (www.limekilntheater.org) for details. And learn about this unique venue at the program to be presented at Kendal on July 16; see p. 2 above.

Bits and Pieces . . .

§ **Our current occupancy** for Independent Living and the Webster Center (assisted living) is 93.3%, according to Jessica Buhler, Director of Marketing. (New residents are counted in the occupancy tally only when the first month's fee is paid.) As this newsletter goes to press, two apartments and one cottage are available for immediate reservation. Call Marketing at s (540) 464-2601.

§ **Vanishing Evergreens:** the Leyland cypresses planted in 2008-09 as part of the landscaping near the Sycamore Lane cottages are no more, but the disappearance cannot

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Exercise Classes for July

Please contact Jason Bunn, Fitness Program Manager (458-0103), if you have questions about classes or if you would like to set up an individual fitness program.

Classes marked with an asterisk (*) are taught and attended by members of the Rockbridge community, but are open to Kendal residents and staff free of charge.

Aqua Aerobics. Gentle activity in the pool to improve aerobic fitness. WF, 10 to 10:30 am. (Pool)

* **Aquacise.** Cardiovascular workout. M, 4:30 - 5:30 pm; W, 4:30 - 5:30 and 5:30 - 6:30 pm. (Pool)

Chair Exercise. Seated strengthening exercises. MWF, 11:15 - 11:45 am. (Webster or Borden)

Chair Yoga. Yoga style seated and standing exercises. WF, 1:30 - 2:00 pm. (Classroom)

* **Gentle Joints Aquacise.** TTh, 11:30 am - 12:15 pm. Pool.

* **Intermediate Yoga.** Vinyasa Yoga class. All levels welcome. T, 8:30 - 9:30 am. (Classroom)

Pool Strength and Stretch. TF, 8:30 - 9:15 am. (Pool).

Relaxation & Meditation. TTh, 10 - 10:30 am. (Classroom)

Seated Strength & Stretch. Th, 1:15 - 1:45 pm. (Classroom)

Senior Balance. T&Th, 2:00 - 2:30 pm. (Classroom)

Strength & Stretch. Total body strengthening workout. MWF, 2:30 - 3:30 pm. (Classroom)

* **Tai Chi Chih.** Features tai chi-like moves. Th, 11:00 - 11:30 am. (Classroom)

Zumba Gold. Low to moderate impact, taught by DVD. MWF, 9:00 - 9:45 am. (Classroom)

Please Be Alert for changes in the exercise class calendar.

Rebecca Wilder, Kendal's Wellness Program Manager until this past June 9, has taken a position with Virginia Tech and will be teaching and developing a nutrition program in Rockbridge and surrounding counties. We wish Rebecca the very best! As this newsletter goes to press, Kendal is actively seeking an additional member of our wellness/fitness staff.

Bits and Pieces (from p. 10)

be helped. According to Bill Houff, Director of Operations, these trees had contracted a highly contagious fungus disease, Seridium Canker, for which no chemical control measures are recommended. The Leyland cypress prefers lower and wetter ground than we have here, Bill says; it was "the wrong tree in the wrong place" and became susceptible to disease. These trees will be replaced in the spring of 2016, with the advice of the residents' Horticulture Committee. If you have a suggestion for this planting, contact Renate Chapman, Horticulture Committee chair, at 464- 9657.

☞ **Three Cheers for Our Wonderful Staff, and Also Some Money.** Residents contributed a total of \$43,827 to the Staff Appreciation Fund, and Kendal's employees picked up their checks at a resident/staff party arranged by Residents Council on June 17. The amount of each check varied according to length of service and hours worked; top management was excluded. The total amount was a smidgen more than was donated for the previous Staff Appreciation event in December, 2014. Donations received too late to be included in the June dispersal will remain as part of the fund for December, 2015.

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Weekly Scheduled Activities

Sundays (5, 12, 19, 26)	4:00 pm	Vespers	Kendal Hall
Mondays (6, 13, 20, 27)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (7, 14, 21, 28)	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (2, 9, 16, 23, 30)	10:00 am 1:00 pm 7:00 pm	Bible Study with the Rev. Tom Crittenden Recorder Group Movie	Staff Devel. Rm. Kendal Hall Kendal Hall
Fridays (3, 10, 17, 24)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (4, 11, 18, 25)	3:00 pm	Movie	Webster

Bits and Pieces (from p. 11)

¶ **Generator Plan Switches to "Off."** At the Lexington Planning Commission meeting on May 29, Kendal voluntarily withdrew its application for approval of a site plan for emergency generators, according to Bob Glidden, chair of Kalex's Board of Directors. This decision was made jointly by Bob and by Mina Tepper, Kendal's Executive Director. "The bottom line is that our site plan for the generators was too close to our neighbors' houses for them to be comfortable," Bob explained in a letter to residents. Objections had to do with exhaust fumes, noise, property devaluation, and drainage. (The proposed generators had been sited where Virginia Power wanted them, as close as possible to their power source coming into the campus.) Kendal's emergency situation thus remains for the present as it has been. The generators serving the Borden Center (skilled nursing care), the Webster Center (assisted living), and many parts of the main building will

come on automatically if the electricity goes off, but Independent Living residents will lose power in their apartments and cottages.

¶ **If You Would Like a Copy** of the handout prepared by Finance Manager Felicia Bush for her presentation on Kendal's 2014 audited financial statement, let Felicia know (464-2604). Felicia will also send the handout by mail or electronically to anyone interested. The presentation of June 11 showed Kendal to be in excellent financial shape, and Felicia answered numerous questions on the details of where the money comes from and where it goes.

¶ **The Residents' Sustainability Committee** needs more members, according to Bill Houff, Director of Operations, in order to further projects such as recycling, composting, and water and electricity conservation. "This is a good thing for us to do as members of this planet." Contact Bill at 464-2613, or resident Wil Stratton at 463-3863, if you would like to be part of this picture.

July Activities Calendar

(See pp. 2-3 for details. Please watch the bulletin boards for changes, additions, etc.)

* 3, Fri.	11:00 am	Independence Day Sing-along, Kendal Singers	Kendal Hall
4, Sat.	7:30 pm	Balloons and Fireworks, VMI Parade Ground	[bus, 7:30 pm]
6, Mon.	8:00 am	Men's Breakfast	Dining Room
7, Tue.	1:00 pm	Residents Council	North Parlor
8, Wed.	10:30 am	Photography Group	Staff Development Room
	* 4:30 pm	Talk by Karenne Webb	Kendal Hall
9, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
12, Sun.	3:00 pm	Concert at Garth Newel Music Center	[bus, 1:15 pm]
14, Tue.	3:00 pm	Presentation on after-hours health services	Kendal Hall
15, Wed.	9:30 am	Residents Association	Kendal Hall
* 16, Thu.	4:30 pm	History of Lime Kiln Theater	Kendal Hall
18, Sat.	3:00 pm	Tour of Devil's Backbone Brewery	[bus, 2:45 pm]
** 19, Sun.	7:30 pm	15-Year Celebration of Kendal's Opening	Kendal Courtyard
* 23, Thu.	4:30 pm	Talk by Karenne Webb	Kendal Hall
25, Sat.	4:00 pm	Concert at Garth Newel MusicCenter	[bus, 1:15 pm]
* 29, Wed.	7:15 pm	Concert by Garth Newel's Emerging Artists	Kendal Hall
* 30, Thu.	4:30 pm	Talk by Harvey Markowitz	Kendal Hall

* = Kendal event, free and open to the public; no reservation needed.

** = Kendal event, free and open to the public; reservation requested.